Resources for Children with Special Needs

Therapies:

Birth to Three Program: Early Intervention Services

Chelan/Douglas/Grant County (509) 664-3781

Okanogan County (509) 826-8497

Anyone can make a referral but most often it comes from your child's provider. A Family Resource Coordinator will be assigned to the family to help guide them through the early intervention process of evaluation, eligibility and service provision.

• Age range | 3-5 years

Catholic Charities - Applied Behavioral Analysis Program

145 S Worthen St Wenatchee, WA 98801 (509) 662-6761

Autism Services for Children | Catholic Charities (catholiccharitiescw.org)

Referral needed typically from child's doctor

Columbia Valley Community Health: Behavioral Health Programs

140 Easy Way in Wenatchee(Children's Behavioral Health) 230 Grant in East Wenatchee(Adult Behavioral Health) 509-662-4296(Wenatchee) 509-682-6000(Chelan)

<u>Children's Behavioral Health | Columbia Valley Community Health (cvch.org)</u>

<u>Adult Behavioral Health | Columbia Valley Community Health (cvch.org)</u>

Child Care Aware- Help with finding childcare options

(800) 446-1114

Home - Child Care Aware® of America

• Age range | 2-18 years

Discovery Behavior Solutions - Applied Behavioral Analysis Program

385 E. Penny Road Suite 103 Wenatchee, WA 98801 (509) 888-2789

Home - Discovery Behavior Solutions

Referral needed from child's doctor

• Age range | 2-18 years

CARD (Center for Autism Related Disorders), Applied Behavioral Analysis Program

246 Mission Ave, Wenatchee, WA 98801

(509) 293-8116

E-mail: cd3800@centerforautism.com

Center for Autism and Related Disorders - ABA Therapy

Referral needed from child's doctor

Age range /

Prism Behavioral Consulting

E-mail: francesca.crispo@prismbehavioralconsulting.com

Contact Us - Prism Behavioral Consulting

• Age range | 3 years and up

Children's Talk Shoppe- Speech Therapy

Stephanie Reynolds 1410 John St Wenatchee, WA 98801 (509) 670-3838

• Age range | birth-3 years

Helping Hands Speech therapy

Kerry Sotherlund 3110 1st St SE East Wenatchee, WA 98802 (509) 886-3207

• Age range | birth-21 years

Achieve Center- Speech Therapy

1500 S Mission St Wenatchee, WA 98801 (509) 888-2505 Achieve Center - Pediatric Therapy

• Age range | 2-18 years

Ohana OT- Occupational Therapy

Therapy Center 1139 N. Princeton Suite B Wenatchee, WA 98801 (509) 888-7435

Ohana OT Pediatric Therapy in Leavenworth and Wenatchee - Sensory Processing Disorder Solutions for Your Child

• Age range | birth-18 adult

Confluence Health Physical/Occupational Therapy and Speech Pathology

1201 S. Miller Wenatchee, WA 98801

(509) 433-3212

Occupational Therapy | Confluence Health Physical Therapy | Confluence Health Rehabilitation Services

• Age range | birth-18 years

ClearTalk Speech and Language Therapy- Telehealth Services

Kendra Holloway 6511 NE 18th St, Vancouver, WA 98661 (503) 567-6326

ClearTalk Speech and Language Therapy - Speech Therapy around Vancouver, WA

Alatheia Therapeutic Riding Center: Born from the combined love of horses and children, Alatheia Therapeutic Riding Center demonstrates the power of equine-based therapy. It is a non-profit therapeutic riding center.

2170 Sleepy Hollow Heights Wenatchee, WA 98801 (509) 630-8710

<u>Home - Alatheia Therapeutic Riding Center (alatheiaridingcenter.com)</u>

• Age range | 18 and above

Local Health Resources:

Chelan Douglas Developmental Disabilities: assure children and adults with developmental disabilities receive individualized services and supports which assist them to:

- Maintain or increase their level of independence,
- Achieve their personal goals,
- Create and support opportunities for people with disabilities and other community citizens to come together and share common experiences.

Tamara Burns, DD Program Director

23 S. Wenatchee Ave Ste 20, Wenatchee, WA 98801

509-888-2377

<u>Chelan-Douglas Developmental Disabilities (CDDD) Program | Douglas County. WA</u> (douglascountywa.net)

• Age range | birth-18

Chelan Douglas Health District

Children with Special needs health care program: Assists parents that have children with special needs through home or office visits. A public health nurse or Community Health Worker assists parents that have children with special needs, birth to 18 years old, access health care and any other support services the family may need.

200 Valley Mall Parkway East Wenatchee, WA 98802 (509) 886-6400 Children with Special Health Care Needs (wa.gov)

• Age range | birth-18

Communities:

Parent to Parent: Matching parents in one-to-one relationships with trained Helping Parents in the community based on similar diagnoses and family issues

23 S Wenatchee Ave Wenatchee, WA 98801

Parent to Parent of Chelan and Douglas County | Facebook

BWP Bilingual Family connections | Facebook

• Age range | birth-18

The Brave Warrior Project: eliminate barriers by providing hope, support, and strength to families with children that have developmental disorders, chronic health care needs, and cancer in our Pacific Northwest small town communities by providing access to resources, parent education, development of programs that encourage play, socialization and education, support systems, and community collaboration with entities that put our children's needs first.

Erica Moshe, Executive Director
Erica@thebravewarriorproject.com

Amelia Hernandez amelia@thebravewarriorproject.com 18 N Mission St Wenatchee, WA 98801 (509) 415-9896

https://www.thebravewarriorproject.com/

• Age range | youth-adult

Upper Valley Connection: Envisioning communities that embrace and provide life-long support for specially-abled community by providing an environment that cultivates compassion in which all people are seen, heard, and loved for their unique gifts.

P.O. Box 2137 Leavenworth, WA 98826 (509) 888-4181
Upper Valley Connection - Home

• Age range | 3-adult

Tierra Village: Connecting developmentally disabled adults with nature and community. We specialize in residential, educational, and employment services.

11864 Sunitch Canyon Rd Leavenworth, WA 98826 (509) 548-1200 Ext 5

Tierra Village | Developmental Disabilities | Leavenworth Washington

• Age range | Birth – Adulthood

Informing Families

Informing Families is a resource provided by the Washington State Developmental Disabilities Council which offers trusted news and information to individuals and families that empowers them to be active participants in planning and building a network of support and opportunities.

Krista Perleberg

kristap@ncwinformingfamilies.com

Wenatchee Special Needs Parent Group

Wenatchee Special Needs Parent Group | Facebook

Upper Valley Parents of Special Needs Support Group

<u>Upper Valley Parents of Special Needs Support Group | Facebook</u>

• Greater Wenatchee Valley Down Syndrome Group

<u>Greater Wenatchee Valley Down Syndrome Group | Facebook</u>

• Greater Wenatchee Area Parents of Awesome Deaf and Hard of Hearing Kids

Greater Wenatchee Area Parents of Awesome Deaf and Hard of Hearing Kids | Facebook

Lake Chelan Parents of Special Needs Group

Lake Chelan Special Needs Parent Group | Facebook

Legal/Activism:

Overcast Law Offices- Guardianship and Trusts

David Kazemba, Attorney at Law 23 South Wenatchee Ave Suite 320 Wenatchee, WA 98801 (509) 663- 5588

dkazemba@overcastlaw.com

Cedar Law, attorney that represents families:

Enables families to navigate complicated educational and legal issues in preschools, K-12, colleges and graduate schools, with confidence to ensure your student can access a safe and successful school experience.

1001 Fourth Avenue, Suite 4400 Seattle, WA 98154

Phone: (206) 607-8277 Fax: (206) 237-9101 info@cedarlawpllc.com

Home - Cedar Law PLLC | An Education Law Firm

• Age range | 0-adult

Feeney Law Office, Ilc: one of the most respected education advocacy and disability law firms in Washington State.

1177 Jadwin Avenue #4Richland, WA 99352

Feeney Law Office, PLLC (kfeeneylaw.com)

Phone: (509) 946-5200 Fax: (509) 946-2411 Kerri@Feeneylaw.net

PAVE- Partnerships for Action, Voices for Empowerment: PAVE provides support, training, information and resources to empower and give voice to individuals, youth and families impacted by disabilities.

PAVE: Partnerships for Action, Voices for Empowerment (wapave.org)

Sherry Mashburn (509) 439-9880

smashburn@wapave.org

Activities/Camps:

Wenatchee Parks, Recreation and Cultural Services

Wenatchee Parks and Rec runs the Special Olympics and Social Programs for individuals with disabilities providing athletic and recreational activities.

Sascha Smith, Recreation Coordinator Special Olympics

(509) 888-3283

Gina Shaw, Recreation Coordinator Social Programs

(509) 888-3292

Recreation Programs & Events | Wenatchee, WA (wenatcheewa.gov)

Young Life Capernaum

Young Life Capernaum gives young people with intellectual and developmental disabilities the chance to experience fun and adventure, to develop fulfilling friendships and to challenge their limits while building self-esteem through club, camp and other exciting activities. (509) 662-1480

Capernaum - NCW Young Life | Facebook

C.A.S.T. for Kids Foundation: Enriching the Lives of Children with Special Needs Through Fishing Children with special needs (ages 6-18) and their caretakers come together with community volunteers for a fun day of fishing they may not otherwise experience. These events provide a refreshing break from their daily challenges. Spreading a positive message that kids with disabilities can accomplish anything, we include all children, despite their limitations. Homepage | CAST for Kids Foundation

Courageous Kids Climbing: Courageous Kids Climbing provides FREE opportunities for children between the ages of 3-months and 103-years with special needs, physical or developmental and including burn survivors, blind, deaf, and traumatic brain injuries.

Contact Jeff Riechmann at jeffriechmann@cs.com

Courageous Kids Climbing | Facebook

Challenge Air: Challenge Air was created to change the perception of children with special needs through the gift flight. Since 1993, we have been committed to making a difference in the lives of

children with special needs. With a network of 3,500 volunteers nationwide, we continue to grow through events called Fly Days. <u>Challenge Air</u>

Kids Bowl Free: This program is designed by bowling centers to give back to the community and provide a safe, secure, and fun way for kids to spend time this summer. Children whose age does not exceed a limit by a participating bowling center are eligible to register for 2 free games each day of the KBF program, all summer long, courtesy of the participating bowling centers along with the schools and organizations. Sign your child up for 2 free games of bowling every day during the summer.

Eastmont lanes participates! KidsBowlFree.com: Kids Bowl Free All Summer Long!

Rascal Rodeo: Where abilities are greater than disabilities. Rascal Rodeo is helping those with physical and developmental disabilities discover unknown abilities in a unique, safe and modified rodeo environment. Rascal Rodeo - Where abilities are greater than disabilities

Camp Attitude: Our mission is to promote active participation in a safe & inclusive outdoor environment. We strive to encourage positive attitudes through a quality camping experience. Helping people reach their dreams and overcoming unusual obstacles and challenges are central to our mission. Camp Attitude PO Box 207 Foster, OR 97345

(541) 401-1052

anthony@campattitude.com

Camp Attitude

Camp Prime Time: After fishing with disabled youths who delighted in their new adventure, two brothers had a vision to create a facility where special families with disabled or seriously ill children could enjoy nature and outdoor activities. Since 1986, thousands of families have enjoyed the opportunity to escape their daily stresses, taking pleasure in the beauty of the outdoors, and participating in activities with other families sharing similar challenges. This "prime time" experience is provided free of charge.

Office phone (509) 248-2854

(Office phone hours are Monday thru Friday 9:00am - 3:30pm)

Located near Clear Lake on Road 744 in the Wenatchee National Forest east of White Pass.

About Us - Camp Prime Time

Easterseals Camp Stand By Me: Barrier-Free Camp & Respite Service in Vaughn, WA: Since 1974, Easterseals Camp Stand By Me has been an inclusive, barrier-free environment for children and adults with disabilities to experience all the joys of camp without limitations. Camp is about all the things children and adults CAN do: swim, canoe, sing, eat s'mores, build lifelong friendships and more. We offer week-long sessions in the summer, and weekend respite in the fall, winter, and spring. With low staff to camper ratios and an on-site registered nurse, we can serve children and adults of any ability level. 17809 S Vaughn Rd NW

PO Box 289 Vaughn, WA 98394 Office Phone: (253) 884-2722

Camp Director: Angela Cox acox@wa.easterseals.com

Easterseals Washington | Camp Stand By Me

Kiwanis Camp Casey: Kiwanis Camp Casey is a week-long summer camp for children ages 6-17 who have physical disabilities. It is provided by the <u>Kiwanis Club of North Central Seattle</u> and all staffing, nurses, and counselors volunteer to help create "the best week of the year" for our campers.

Camp Director Barb Williams director@campcasey.org Cell (206) 713-7515

Camp Casey – Provided by the North Central Seattle Kiwanis Club

America the Beautiful- National Parks and Federal Recreational Land Access Pass: A free, lifetime pass, plus a \$10 processing fee- available to U.S. citizens or permanent residents of the United States that have been medically determined to have a **permanent disability** (can include physical, mental, or sensory impairment) that provides admittance to more than 2,000 recreation sites managed by five Federal agencies. May also be obtained free in person at a federal recreation site.

America the Beautiful - National Parks & Federal Recreational Lands Access Pass | USGS Store

Pacific Science Center: Located in Seattle, the Pacific Science Center offers programs and resources to accommodate families with special needs.

Family Access Membership:

Is a \$19 Family level Membership available to anyone who receives any form of public assistance. The Family Access Membership covers two adults and up to six youth (ages 3–18) and includes the following benefits: Unlimited admission, as well as unlimited passes to the Planetarium and matinee Laser Shows; 15 free documentary IMAX movie passes; 8 free permanent exhibit guest passes. To sign up for a Family Access Membership visit on-site or call the Membership Office at (206) 443-2924

Aides:

Accompanying guests with a disability receive complimentary admission to all Pacific Science center exhibits and events, including IMAX and laser shows. Guests with an aide can request the complimentary admission from a Guest Services representative at any of the entrances or by calling the Guest Services department at (206) 443-2844 prior to your visit.

Autism Resources To help families or teachers with children who are affected by ASD, Pacific Science Center, along with the University of Washington's Department of Rehabilitation Therapy, has created downloadable and printable resources geared to prepare you for your visit to Pacific Science Center. There is also a dedicated program, Exploration for All, for those affected by ASD. Exploration for all provides early access to the exhibits on the third Saturday of each month for all families affected by ASD. Buy Tickets & Plan Your Visit | Pacific Science Center

Woodland Park Zoo: Located in Seattle, the Woodland Park Zoo offers programs and resources to accommodate families with special needs.

Aides, Attendants and Interpreters:

One to One aides or attendants of guests with disabilities receive complimentary admission with the exception of ticketed events, such as Zoo Tunes. This includes family members or friends who are serving as an interpreter for Deaf guests or as a guide for blind guests. Let the ticket office know that you are visiting with a one to one attendant to receive their free admission.

Sensory Considerations A Zoomazium Social Story can be found online and used before your visit to help familiarize yourself and child with what to expect from your trip to the zoo. A Sensory Map is available

to guide guests with different sensory needs to a variety of locations around the zoo where they can relax, romp or explore. Sensory tools such as fidgets, noise canceling headphones, weighted vests, etc. are available for check out at the Zoomazium front desk on a first come first serve basis.

Sensory Friendly Fridays: At the zoo are Sensory Friendly. On Fridays the Strangler Fig tree is closed to create a quieter and more comfortable environment for children with sensory sensitivities and their families. Soothing, exploratory sensory activities are also provided to support language development, motor skills, problem solving skills, and social interactions. Accessibility - Woodland Park Zoo Seattle WA

Seattle Aquarium Located in downtown Seattle, the Seattle Aquarium offers programs and resources to accommodate families with special needs.

Disability Discounts Persons with disabilities receive a \$2.00 discount off the regular price of admission at the Seattle Aquarium. Aides required and accompanied by persons with disabilities enter free of charge.

The Seattle Aquarium social story visual guide will help families and groups prepare for their visit to the Aquarium. May be especially useful for visitors with autism, sensory sensitivities, or younger audiences. Look through it before your visit, or print it out to bring with you. Accessibility | Seattle Aquarium

Point Defiance Zoo & Aquarium Located in Tacoma, the Point Defiance Zoo offers programs and resources to accommodate families with special needs.

Free Days for Seniors & People w/disabilities Enjoy the day exploring the zoo, admission is free for Seniors (+65) and persons with disabilities. Look for dates on their website.

Sensory Inclusive Offers sensory bags, headphones, other tools, and the staff is trained to help people with sensory needs to enjoy the zoo to the fullest. Create a visual schedule online, and download a zoo social story before your visit. You can bring your caregiver or therapist for free with a paid membership or admission: just mention it at the front gate. Point Defiance Zoo & Aquarium in Tacoma, Washington (pdza.org)

Northwest Trek Wildlife Park Located in Eatonville, Northwest Trek offers resources to accommodate families with special needs.

Sensory Inclusive Offers quiet places, sensory bags and headphones, and trained staff to help people with sensory needs to enjoy the park. A caregiver or therapist is free with a paid membership or admission. Northwest Trek Wildlife Park - native Northwest animals in Eatonville, WA (nwtrek.org)

Items/Toys/Visual Aides

VISUALS - as much as possible! We especially rely on one chart that says "I'm feeling upset" and gives pictures of things my child can do to calm down...count to ten, take a deep breath, listen to music, jump on the trampoline, take a break or have a hug.

Time Timer - We struggled with sitting down at meal time, so the time timer has helped so much. We set the timer for 10 minutes, and my child knows he has to stay seated until the timer goes off. It's really

helpful for work time, setting a limit on how long he can watch TV or play with a tablet, and it's helpful for his siblings, too.

https://www.amazon.com/Time-Timer-Origin

Sommerfly weighted blanket – my child has had sleep issues off and on, and this weighted blanket has helped at times. It's not cheap, but we felt it was worth the investment. https://www.sommerfly.com/Sleep-Tight-Weighted-Blanket-p/wst06.htm

Costco Puppy pads for disposable absorbent protectors under sheets, on the couch, and traveling. A box of 100 is about \$15, it is the best deal I have found.

Ipad App: Touch and Write by FizzBrain. The user traces each letter to practice writing out words. They can change what they use to "write" with...shaving cream, chocolate pudding, ketchup, chalk, and many more! You can also make a customized word list. We list his name, family members, and favorite toys. https://itunes.apple.com/us/app/touch-and-write/id504319132?mt=8

Summer Infant: My Size Potty My Size® Potty features the look and feel of an adult toilet to help ensure a comfortable and confident transition to the real thing. The toilet handle features a flushing sound to reward and encourage your little one, and a built-in wipe dispenser promotes good hygiene habits. This easy to clean potty includes a removable bowl and clip on splash guard for boys. https://summerinfant.com/potty/my-size-potty

Haircuts-Experienced with Autism:

Andi's Salon

Mary Cleveland- Stylist 607 S Mission St Wenatchee, WA 98801 (509) 741-0186

Shear Magic Salon

Serena Flores- Stylist 401 N Miller St Wenatchee, WA 98801 (509) 699-3307 Cell (509) 662-5809 Salon

• The Man Shop

913 N Wenatchee Ave Wenatchee, WA 98801 (509) 470-6839

The Man Shop | Wenatchee, WA (wenatcheemanshop.com)

Special Education Programs- School Districts

- Bridgeport School District- (509) 686-5656
 - o Estefannie Torres- etorres@bsd75.org
 - o Raelynn Dezellem- rdezellem@bsd75.org
- Cascade School District- (509) 548-4004
 - o Brett Johnson-bjohnson@cascadesd.org
- Cashmere School District- (509) 782-2710
 - o Lisa Avila <u>lavila@cashmere.wednet.edu</u>
- Chelan School District- (509) 682-7744
 - o Carrie Austin austinc@chelanschools.org
- Eastmont School District- (509) 884-7169

- o Sarah Lewman- lewsmans@eastmont206.org
- o Amanda Walker- walkeral@eastmont206.org
- o Karina Zendejas Martinez- <u>zendejas-martinezk@eastmont206.org</u>
- Wee Wildcat Preschool- (509) 884-8333
 - Ami Collins- collinsa@eastmont206.org
- Entiat School District- (509) 784-1800
 - Irma Verduzco iverduzco@entiatschools.org
- Mansfield School District- (509) 683-1012
- Manson School District- (509) 687-9502
- Orondo School District- (509) 784-2443
 - o Jaymie Kimmerly- <u>jakimmerly@orondo.wednet.edu</u>
- Palisades School District- (509) 884-8071 CALL THEM
 - o Dr. Ismael Vivanco ishv@ncesd.org
- Waterville School District- (509) 745-8584
 - Leanne Lafferty <u>leannel@ncesd.org</u>
- Wenatchee School District- (509) 663-7117
 - Trisha Craig <u>craig.t@wenatcheeschools.org</u>

Castle Rock Early Childhood Learning Center- (509) 663-7117 https://www.wenatcheeschools.org/cp

Monetary Assistance/Physical Assistance/Medical Equipment Assistance

Knights of Columbus- KC HELP

The Knights of Community Hospital Equipment Lend Program: KC HELP is an organization of volunteers that help people and families who are in need of medical equipment such as wheelchairs, cane/crutches, walkers, bath/shower equipment (toilet risers, commodes and shower chairs), hospital beds, lift chairs, scooters, etc.

625 S Elliot Ave Wenatchee, WA 98801 (509) 888-3050

Hours Monday, Tuesday, Thursday 9am-3pm

DADS M.O.V.E. Mentoring Others with Voices and Experience- Family Focused, Dad Driven peer support model providing support, training, advocacy, and resources to the parents and families of special needs kids, and their local providers.

NCW Regional Director- John F Bodkins

jbodkins@dadsmove.org

(509) 486-2378

Dads Move - Home

DadsMOVE (Mentoring Others with Voices of Experience) | Facebook

Ben's Fund FEAT of Washington: To provide grant opportunities to families across Washington State. Ben's Fund provides financial assistance with services specifically related to autism spectrum disorder treatments. From therapies to equipment, we want to support our local families and ease some of the financial strain associated with Autism Spectrum Disorder. Ben's Fund (seahawks.com)

Wheel to Walk: We purchase items such as therapy tricycles, adaptive strollers, shower chairs, pumper cars, zip zac chairs, selective communication devices, gait trainers, speech therapy and wheelchairs, to name a few. Our organization strongly believes that no child or young adult with special needs should go without items that could improve the quality of his or her daily life. If you live in Oregon, Washington,

Idaho or California and need assistance with anything from leg braces, bath chairs, gait trainers to therapy tricycles and wheelchairs, please contact us via the form below, we will then send you an application. Wheel to Walk Foundation

Autism Hope Alliance: Embodies hope for families facing the diagnosis of Autism through education, financial support and volunteerism. The Autism Hope Alliance is the first nonprofit foundation for Autism to emerge from the natural foods industry. <u>Home - Autism Hope Alliance</u>

The Loving Push: How Parents and Professionals can Help Spectrum Kids Become Successful Adults

Parents, teachers, therapists, and anyone who cares about a child or teen on the autism spectrum need this essential roadmap to prepare our youth for being successful adults in today's world. Best-selling author, autism advocate, and animal science professor Dr. Temple Grandin joins psychologist and autism specialist Dr. Debra Moore in spelling out which steps you can take to restore your child's hope and motivation—and what you must avoid.

https://www.amazon.com/Loving-Push-Professionals-Spectrum-Successful/dp/1941765203

Washington State Housing Commission

Offers low interest loans and grants to help with a down payment when buying a house if you have a family member with a disability living with you http://www.wshfc.org/buyers/downpayment.htm

Westside Resources:

Resources in Surrounding Areas:

The Arc of Washington State:

Mission is to advocate for the rights and full participation of all people with intellectual and developmental disabilities. Along with our network of members and chapters, we support and empower individuals and families; connect and inform individuals and families; improve support and service systems; influence public policy; increase public awareness; and inspire inclusive communities. 2638 State Ave NE

Olympia, WA 98506

(360) 357-5596

https://www.arcwa.org/

• Age range | 2-18 years

Washington Autism Alliance and Advocacy, insurance advocacy

16225 NE 87th St. Suite A-2 Redmond, WA 98052

Phone: (425) 894-7231 Fax: (425) 836-6512

Home - Washington Autism Alliance

• Age range | 0-adult

Level 7 River Zone Seattle Children's Hospital

(206) 987-2201 M-F 9am-6pm Sat/Sun 11am-3pm